

# Getting back into shape ... vocally

Continue (or start) using your voice in a productive way for 20-30 minutes every day. Some ideas:

- Ear training exercises
  - ONLINE - <https://www.musictheory.net/exercises>
  - APP - “Complete Ear Trainer” - <https://completeeartrainer.com/>
- Daily sight-reading exercises
  - “Borrow” a hymnal – sing different parts
  - Browse your choral music (or find free scores online)
  - <https://www.sightreadingfactory.com/>
- Make a playlist of songs that you sing well
- Sing-along with Youtube warmups – search “daily vocal warmups” or “daily choral vocal warmups”
  - Pick the free stuff, it’s just a warmup! You don’t have to pay for anything, but you can if you want too - I recommend interactive lessons, not just someone’s passive income stream
  - Pick something you enjoy doing or you won’t keep doing it
  - from the Berkshire Choral Festival - <https://www.berkshirechoral.org/programs/singer-resources>

## It’s all about the Breathing and Support

- Some basics about diaphragmatic breathing
  - <https://youtu.be/-SeSL9WdVBo> (a sample of what sort of free “lessons” are available)
  - Support occurs below the breathing muscles, you can keep them engaged while you inhale
  - You can also continue using the intercostal (inhalation) muscles while exhaling
- Other stuff
  - Singing through a straw has become popular and may be useful as a training tool. It allegedly allows the vocal folds to vibrate more easily, encouraging the singer (sans straw) to lengthen the vocal tract and lower the larynx to regulate and balance air pressure in the vocal tract.
    - <https://www.voicescienceworks.org/straw-phonation.html>
  - Posture is part of the breathing process – it is also part of proper phonation
  - Legato is easier than non-legato

## Food for thought

- This is not a manual or any sort of comprehensive approach, just informational, meant to support your practice and disciplined study. So, if you’re curious, have at it – you’ll probably discover something new about yourself!! But if you’re struggling, seek help from a professional – you really shouldn’t try to fix it yourself.
- Myths and mysteries about vocal endurance, stamina, resilience
  - Share any questions, confusions, suggestions ...
  - About lung capacity – consider Breath by James Nestor – [www.mrjamesnestor.com/breath](http://www.mrjamesnestor.com/breath)
- Do some research
  - <https://completevocal.institute/complete-vocal-technique/>
    - I suggest scrolling down to “Sound Colour” to explore different vocal timbres
    - Imitate the various sounds and discover how to alter the shape of your vocal tract
  - <https://www.wikihow.com/Strengthen-Your-Singing-Voice>